

County and District Data from the 2012 Maine State Health Assessment

Central District

Updated 1/2/2013

Indicators from the "2010 Call to District Action"	Kennebec County	Somerset County	District Rate	Maine Rate	US Rate
General health status					
Fair or poor health - adults	11.8%	17.9%	13.8%	14.7%	14.9%
Average number of unhealthy days in the past month (physical health)	3.3	5.1	3.9	3.8	NA
Average number of unhealthy days in the past month (mental health)	4.0	4.4	4.1	3.7	NA
Access					
Proportion of persons with a usual primary care provider	88.6%	85.9%	87.7%	88.4%	NA
No dental care in past year	33.8%	48.8%	38.1%	32.4%	NA
Physical Activity, Nutrition and Weight					
Obesity - adults	28.8%	33.2%	30.2%	27.7%	27.5%
Obesity - high school students	14.7%	13.4%	14.2%	12.9%	NA
Overweight - high school students	18.3%	16.2%	17.6%	15.5%	NA
Sedentary lifestyle - adults	21.6%	24.4%	22.5%	22.5%	23.9%
Cardiovascular Health					
High blood pressure	30.4%	28.2%	29.7%	30.0%	28.7%
High cholesterol	37.4%	37.6%	37.5%	38.8%	37.5%
Diabetes					
Diabetes - adults	8.2%	8.6%	8.3%	8.7%	8.7%
Adults with diabetes who have had a A1c test 2x per year	74.6%	NA	72.6%	79.5%	NA
Diabetes hospitalizations per 100,000 population (principal diagnosis)	122.0	125.6	122.8	118.4	NA
Respiratory					
Current asthma - adults	10.4%	7.1%	9.3%	10.0%	9.1%
Current asthma - children and youth (ages 0-17)	5.9%	7.7%	6.5%	8.9%	NA
Bronchitis and Asthma ED visits per 100,000 population	977	1,775	1,211	1,105	NA
COPD hospitalizations per 100,000 population	142.2	244.2	179.9	198.3	NA
Tobacco Use					
Current smoking - high school students	14.5%	17.1%	15.6%	15.5%	NA
Current smoking - adults	19.8%	26.3%	22.0%	18.2%	17.2%
Alcohol Use					
Binge drinking - adults	14.5%	14.3%	14.4%	14.5%	15.1%
Current alcohol use - high school students	23.7%	29.4%	26.1%	28.0%	NA
Infectious Disease					
Influenza Vaccine Coverage - Ages 18 Years and Older	45.4%	40.2%	43.6%	47.1%	NA
Pneumococcal Vaccination Coverage - Ages 65 Years & Older	72.0%	69.3%	71.2%	71.8%	68.8%

For a number of reasons, several indicators from the "Call to Action" were not analyzed for the 2012 State Health Assessment, and therefore are not included in this update, including: adult asthma hospitalizations, bacterial pneumonia hospitalizations, congestive heart failure hospitalizations, hypertension hospitalizations, diabetes short and long term complication hospitalizations, uncontrolled diabetes hospitalizations, the rate of lower-extremity amputation among patients with diabetes, the percent of adults with greater than 14 days of frequent mental distress, and the number of visit to KeepME Well.org

Demographics					
Population	122,151	52,228	174,379	1,328,361	3.08 mil.
Population ages 0-17	25,308	11,176	36,484	274,533	0.74 mil.
Population ages 65-74	10,019	4,800	14,819	112,651	0.21 mil.
Population ages 75+	8,941	3,737	12,678	98,429	0.17 mil.
Population Density (people per square mile of land)	140.8	13.3	36.4	43.1	87.4
Population - White, non-Hispanic	95.4%	97.6%	96.1%	94.4%	63.7%
Population - Hispanic	1.2%	0.8%	1.1%	1.3%	16.3%
	(1504)	(409)	(1913)		
Population - Two or more races	1.7% (2068)	1.3%	1.6%	1.6%	2.9%
		(690)	(2758)		

*Some state and national data is only available by a single year, where as the county and public health district data is for several years aggregated.

NA = not available

Other Key Health Indicators from the 2012 Maine State Health Assessment	Kennebec County	Somerset County	District Rate	Maine Rate	US Rate
Life expectancy in years (M/F, for 2007)	75.7/80.4	74.8/79.8	NA	78.7	78.6
Oral Health					
Tooth loss to gum disease or tooth decay (6 or more) - adults	20.1%	27.2%	22.3%	19.7%	NA
Maternal and Child Health					
Low Birthweight, <2500 grams per 100,000 births	6.3	7.6	6.7	6.4	8.2
Infant death per 100,000 births	5.1	6.5	5.5	6.1*	6.4*
Live births, for which the mother received early & adequate prenatal care	84.6%	78.5%	82.9%	85.4%	NA
Teen birth rate per 1,000 females aged 15-19	28.0	39.7	31.4	24.9	34.2
Injury					
Suicide deaths per 100,000 population	11.1	12.4	11.5	12.6	11.8*
Violence by current or former intimate partners	1.5%	NA	2.0%	1.0%*	NA
Rape or attempted rape	7.1%	8.2%	7.4%	11.9%*	NA
Non-fatal child maltreatment per 1,000 population	9.9	18.7	12.6	11.9	9.2
Motor vehicle crash related deaths per 100,000 population	14.6	20.5	16.3	12.5	11.1*
Unintentional poisoning deaths per 100,000 population	11.9	9.6	11.3	11.4	11.8
Emergency department visits due to falls among older adults per 100,000 population	7,567	8,573	7,869	7,325	NA
TBI Hospitalizations per 100,000 population	82.9	81.0	82.1	82.3	NA
Cancer					
Sigmoid/colonoscopy (ever) - people age 50 & over	77.2%	70.7%	75.2%	74.2%	65.2%
Mammograms in past two years - women age 50 & over	86.0%	84.1%	85.5%	83.6%	77.9%
Pap smears in past three years - women age 18 & over	85.7%	83.8%	85.1%	85.0%	85.0%
Mortality - all cancers per 100,000 population	198.8	202.5	199.9	196.0	175.8*
Incidence - all cancers per 100,000 population	502.3	446.4	485.4	480.8*	456.4*
Mental Health					
Co-morbidity for persons with mental illness	47%	NA	46.5%	NA	NA
Lifetime depression - adults	19.6%	23.3%	20.8%	21.1%*	NA
Lifetime anxiety - adults	17.1%	19.5%	17.9%	17.3%*	NA
Alzheimer's disease, dementia & related disorders per 1,000 population	12.4	9.4	11.5	12.0	NA
Environmental Health					
Homes with elevated radon	16.2%	9.8%	14.7%	14.8%*	NA
Homes with private wells tested for arsenic	53.7%	NA	51.3%	NA	NA
Children with elevated blood lead levels per 10,000 population	1.0	1.2	1.0	1.0	0.6*
Carbon monoxide poisoning ED visits per 100,000 population	9.0	9.7	9.2	9.9	NA
Infectious Disease					
Chronic Hepatitis B per 100,000 population	8.7	3.8	6.9	7.9	NA
Lyme disease incidence per 100,000 population	105.8	17.3	79.3	75.7	7.9
Salmonellosis incidence per 100,000 population	9.0	5.8	8.0	10.1	17.6
Pertussis Incidence per 100,000 population	4.9	3.8	4.6	15.4	8.9
Gonorrhea incidence per 100,000 population	4.1	1.9	3.4	20.5	100.8
Chlamydia incidence per 100,000 population	287.9	203.7	262.7	232.9	426.0
HIV incidence per 100,000 population	2.5	3.8	2.9	4.1	19.7
Additional Socio-Economic Status measures					
People who speak English less than very well, >5 years	1.2%	0.8%	1.1%	1.7%	8.7%
Poverty - total under 100% of the Federal Poverty Level	12.5%	18.4%	14.3%	12.6%	13.8%
No current health insurance	8.3%	11.9%	9.4%	10.2%	15.0%
Unemployment	7.1%	10.4%	8.0%	7.5%	8.9%
High school graduation rate, 2011	83.8%	79.3%	82.2%	83.8%	NA
Persons 25 and older with less than a HS education	9.7%	13.4%	10.9%	10.2%	15.0%
Disability status	16.9%	19.7%	17.7%	15.7%	12.0%
Veterans Status	14.4%	14.3%	14.4%	13.2%	9.9%
65+ living alone	29.3%	28.3%	29.0%	29.8%	27.3%

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NA = not available

updated 10/22/12